

Base of products					
All	Acc. to groups	Favorite	Working	Acc. to contents	
Chicken broth	Add	Remove	Correct	Send to...	Close
Name of product					
Tinted chicken, broth					
Chicken broth					
Tinted chicken broth					
Chicken broth or bouillon					
Stock cube					
Group:	One's own products				
Name:	Chicken broth				
Glycemic index:	23				
Composition and contents					
Contents of meal	Additional compon.				
Contents/100 g	amount	units	% of stand.		
Element	105.8 kcal				
Energy (kcal)	8.78 g		4.9		
Protein	6.2 g		5.7		
Fats	4.15 g		8.5		
Carbohydrates	0.11 g		1.8		
Tryptophan	0.4 g		50.9		
Threonine	0.38 g		93.9		
Isoleucine	0.88 g		84.4		
Leucine	0.75 g		70.1		
L-Lysine	0.25 g		109.6		
Methionine	0.34 g		26.5		
Phenylalanine	0.43 g		36.1		
Valine			62.9		

OK Cancel

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Parameters of the program

Muzik podatek jest dane  
d  
sachvad  
v  
ed  
vtdv

**DZ DOBRE**  
**WIEK 730**

Name  
Jan

Surname  
Kowalski

Friends call me:  
Janek

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FIG. 2 A

Parameters of the program

Muzik podatek jest dane  
d  
sachvad  
v  
ed  
vtdv

**DZ DOBRE**  
**WIEK 730**

Date of birth:  
1971-01-06

Weight in kg:  
60

Height in cm:  
180

BMI:  
[redacted]

Sex  
☐ Man  
☒ Women

Other  
☐ Pregnancy  
☐ Breast-feeding

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FIG. 2 B

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Parameters of the program

Music order puls dance  
d  
received  
v  
id  
vdy

☒ I don't practice professional sports  
☐ I practice fast-strength sports  
☐ I practice endurance sports

Amount of training  
hours daily

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Parameters of the program

Musze podać jakieś dane.

dł  
szerokość  
w  
zd  
wzrost

Energy from:	%
Carbohydrates	40
Proteins	30
Fats	30

☒ 30 Carbohydrates  
☐ 40 Proteins  
☐ 30 Fats

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Next >

Finish

X Cancel

FIG. 2 E

Parameters of the program

Musze podać jakieś dane.

dł  
szerokość  
w  
id  
wzrost

Energy: 1850

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Finish

X Cancel

FIG. 2 F

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Food Restaurants User Windows Help

Base of products

All Acc. to groups Favorite Working Acc. to contents

Remove Correct Close

Content: Chicken broth  
Olive oil  
Sugar  
Lentil, row  
Bran  
Orange, juice  
Baguette  
Knuckle of pork

Group: PL2-Meat, fish, poultry, eggs  
Name: Knuckle of pork, roasted  
Glycemic index: 30

Favorite portion: 1 portion (328 g)

Composition and contents

Contents/100 g Composition of meal Additional compon.

Element	amount	units	% of stand.
Energy (kcal)	336.5	kcal	15.3
Protein	28.63	g	18.5
Fats	23.05	g	31.6
Carbohydrates	0.0	g	0.0
Tryptophan	0.2528	g	135.6
Threonine	1.235	g	289.9
Isoleucine	1.247	g	205.8
Leucine	1.908	g	202.5
Lysine	2.055	g	300.5
Methionine	0.6174	g	65.5
Phenylalanine	1.056	g	112.1
Valine	1.341	g	196.1

Analyzer 0.2

Start Favorites

Clipboard - Info... ACIDSee Class... Analyzer

15:14

FIG. 3

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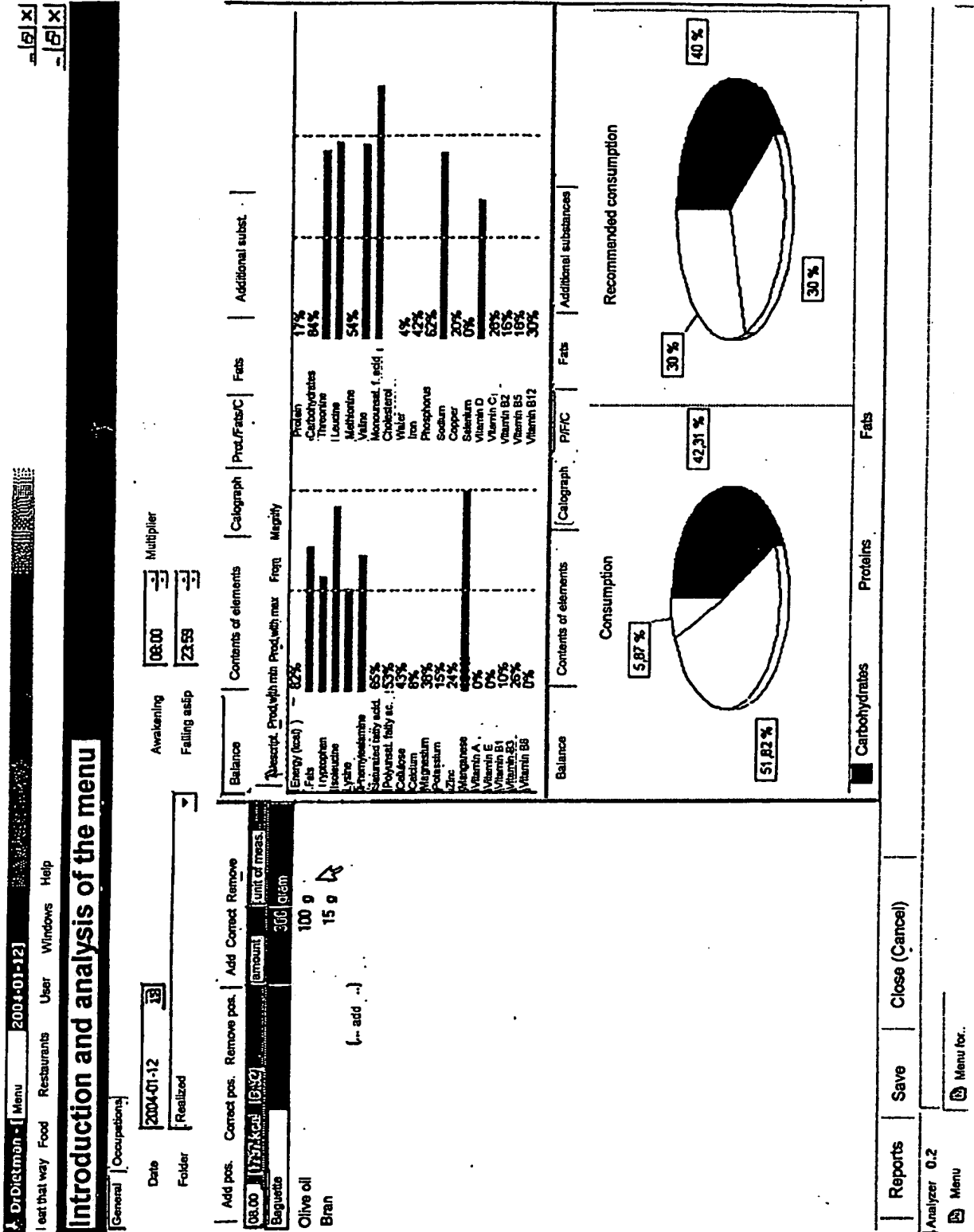


FIG. 4

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